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PHOENIX

February 15, 2015 • Volume 18 • Issue 2

Let's talk about sex

By Misturat Ganiyu
Associate Editor

On Feb 3rd of this year, Prairie Place residents and other students attended the Let's Talk about Sex-National Black HIV/AIDS Awareness month program in The Great Hall. Although National Black HIV/AIDS Awareness Day is usually the ninth of February, it was acknowledged earlier at Governors State to debunk sex myths, demystify safe sex practices, and understand HIV-AIDS.

After Robert Clay, the Director of Intercultural Affairs, welcomed everyone to the event, Dr. Battle, Assistant Professor in Community Health and Faculty in Residence, told the audience that this is a safe place and that any question asked or any confession expressed is confidential.

Dr. Alicia Battle and Psychologist Dr. Milton Armston Jr. facilitated the event in which they encouraged the attendees to ask questions and participate in the conversation. Dr. Armston Jr. kicked off the possibly uncomfortable discussion by asking the audience which groups are



Dr. Alicia Battle and Dr. Milton Armston Jr. explained why sex myths are untrue. Photo by By Misturat Ganiyu

most at risk of contracting HIV-AIDS and why. The crowd provided different responses.

Next, he asked the participants to define sexual health. The audience members blurted out distinct answers. "Know your physiology; know your body," Dr. Battle said to them.

During the program, Dr. Battle gave the participants handouts that depicted women's and men's reproductive system, so everyone can following along with the facilitators.

Soon after, Dr. Battle passed around

images that illustrated different stages of STIs. The participants seemed disgusted and uncomfortable by the pictures.

"...Particularly, with young people there is a thought that nothing can happen to them."

Using one of their hands, Dr. Battle and Dr. Armston Jr. taught the attendees how to use a condom. They took this moment to refute misconceptions surrounding sexual intercourse, such as storing a condom in a wallet.

According to

Centers for Disease Control and Prevention, "when comparing groups by race/ethnicity, gender, and transmission category, the fourth largest number of all new HIV infections in the United States in 2010 (5,300) occurred among African American women with heterosexual contact."

"I think we have socialized the whole generation of easily offended young people and that translates to asking those tough questions," said Dr. Battle. "We've not empowered our women to stand up for themselves and say, 'you know what I'm a

sexually active woman, and I want to make sure that I'm taking care of myself'".

At the conclusion of the program, Dr. Battle told the crowd that if anyone wants to ask additional questions about sex, he or she could write his or her question on an index card anonymously and slide it under her door in Prairie Place. She would then place her responses to those questions somewhere visible near the resident hall's entryway.

Vagina Monologues

By Brenda Torres
Editor-in-Chief

On Saturday, Feb. 13, the Vagina Monologues were hosted at GSU in Sherman Hall.

A small interview was conducted with the Co-Director, Lois Nemeth.

Q. Why do you believe The Vagina Monologues is relevant to GSU?

A. Eve Ensler's, The Vagina Monologues, is part of the TAPS curriculum at GSU. The provocative and empowering material creates awareness surrounding Domestic violence, sexual

assault, LGBTQ cultural misconceptions, and the pleasures and pain experienced by women and men.

Q. What did you most enjoy about directing the production?

A. Collaborating and application of my TAPS education honing in on human relations in communication to educate the GSU students and community at large with preventative measures against sexual violence.

Q. Did you have any prior knowledge or experience with the production?

A. Yes, as part of the GSU TAPS curriculum and

participating as an actress at the Park Forest SPAA Theatre in the March 2015 production.

Q. What was your monologue to watch and why?

A. My Revolution Begins in the Body because it empowers women and encompasses the essence of the entire production through pleasure and pain. Quoting from the script, "For all who are life and give life. My revolution shows up unexpectedly, Its not naive but believes in miracles."

Read the next Issue for the review of the Vagina Molnologies.

Day 229

Budget Crisis

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By Brenda Torres
Editor-in-Chief

Since the Governor Rauner has not yet passed a budget. Many schools are worried financially.

For example, Chicago State University (CSU) might close Mar. 1 according to The Chicago

Tribune. However, CSU has "declare financial exigency and prepare the university to continue operating in the absence of state funding, " according to Chicago Tribune.

Governors State University and Northern Illinois are apart but this budget crisis.

7 Reasons Why Black History Month still matters

By: Misturat Ganiyu
Associate Editor

Black History Month occurs in February annually. According to History.com, “Black History Month is an annual celebration of achievement by black Americans and a time for recognizing the central role of African Americans in U.S. history.” Governors State University celebrated the observance with weekly events. During this time, students are often giving information about Martin Luther King Jr., Rosa Parks, and Malcolm X and shown documentaries

about the Civil Rights Movement, Slavery, and the Jim Crow Era. Each year, the public connects Black History Month with the same well-known figures —unaware that black people contributed to our society in ways that are not introduced to us in classrooms, in textbooks and mass media. Influential black people in American history are plentiful and if one desires information about these individuals, they will need to seek it themselves. Although social media users create hashtags and posts to inform their followers about black history, this drop of

knowledge should expand beyond online and exceed February. Unfortunately, some of us cannot say with conviction, ‘I know something about my own history and someone else’s, too’.

Here are five reasons that convey Black History Month’s relevancy in the 21st century.

- 5. Racism, prejudice and stereotypes still linger African Americans.
- 4. Textbooks give jaded and limited information about black leaders, inventors, artists, and much more.
- 3. We never know where we’re going until

we know where we have been. In other words, history shapes our future. 2. It reminds us of how far we’ve come and the journey ahead.

1. The assumption that you must identify as African American or black American to acknowledge this observance steers some people away from attending it.

Black History Month, and other heritage months, prepares everyone for a time when all cultures are acknowledged daily and celebrated equally. Until that happens, Black History month should remain in our calendar.

Ask Holly

By Holly Britton
Staff Reporter

During class, there are few students who like to talk to me about unrelated topics. I don’t want to be mean but I want to be respectful to my professor and pay attention. What do I do?

This is a situation that many people have run into during the college experience. One of the best things to do is be honest with these individuals but in a respectful way.

Let them know that you don’t want to talk about that topic at the moment but after class would be perfectly okay. By being polite about it try something like, “I can talk more after class about that but I need to focus on class at the moment.” Just remember that answering like “dude, leave me alone” is NOT the way to respond in this situation. It gives you the appearance of being rude, and inconsiderate of other individuals. This is something that can be used for both classroom and professionals use.

You never want to just ignore someone’s request but let them know when a good time to talk with them about an issue or topic. If this doesn’t work, another even simpler job would be sitting in a different spot that you are usually in. If you sit in the back sit in the front. This prevents people from turning around to ask about something. Some people may consider both to be rude but without some firm statement, yet still being helpful, the same actions will continue to occur.

Grad Coulmn

Attrition at the Graduate School level

By Matt Gentry
Grad Columnist

“When you fail to prepare, you are preparing to fail” – Benjamin Franklin (or John Wooden depending on the source). The reason this quote fits so well with this article is that I recently discovered that the attrition rate is VERY high in graduate schools across the country. Depending on the program and area of study, different research shows that drop-out rates can be higher than 50%! No student enters graduate school thinking they might drop out. Even when told the facts, most people believe that they will be among the group graduating. The very worst thing that can happen is for a graduate student to make significant sacrifices in terms of time and money and then not earn the graduate degree that would help pay those costs back. Thankfully, research shows there are specific actions that students can take to make sure they receive their degrees:

Know the best ways to learn. Research done at Midwestern University (in the southwest Chicago suburbs) by Imus and Burns shows that students do not have a good concept of how they best learn. Neuroscientists are learning more about the brain every day. A book titled “The New Science of Learning” discovered that the brain learns best with proper sleep, hydration, nutrition, and physical exercise. It isn’t so much about quantity of studying that determines outcomes, but quality. To prime the brain to work its best, your whole body needs to be healthy! The concept of how the brain learns best will be examined more deeply in another article. Besides this, people learn differently. Some people are visual learners while others are tactile or auditory. I learn best in a group talking and explaining concepts. I can read a book 3 times and look at the PowerPoints all I want, but group studying makes information stick better for me. Find out what

works for you, take this information to heart, and plan to incorporate it into your graduate student life. The Academic Resource Center is a great resource that can provide lots of guidance and support.

The concept of socialization. Sounds Orwellian, but socialization is the process where an individual learns to fit into a group or organization. In this case it is a field of study, and many people drop out because they don’t ‘fit in’. Ways to counteract feeling out of place is to find a social group within your field of study to join such as joining a student organization or professional membership. Additionally, finding a mentor or faculty advisor is critical for a number of academic reasons, but is especially important as a resource for helping understand the expectations of your area of study. One thing to understand is that socialization is a process that takes time and you can and should find support within your community to help you

succeed.

The concept of critical times. Research found that many graduate students drop out at specific times during the curriculum. Distressingly, many drop out after they have completed their coursework when they have only their thesis or dissertation to complete. Again, faculty advisors are critical to staying on track, so find a professor that you think would be a good resource and take the steps to foster a supportive relationship. This takes time and effort, but support is key to overcoming academic obstacles!

This article wasn’t meant to discourage people, only to raise awareness about an important topic in higher education. By knowing about common pitfalls and how to overcome them, you can plan for a successful graduate experience. GSU has a lot of resources here to help and sometimes the biggest challenge is having the courage to ask for it.

PHOENIX

The PHOENIX is published twenty four times annually. We welcome articles, suggestions, photos, commentary, cartoons, and letters to the editor on issues that concern you or the GSU community. We reserve the right to edit submissions for clarity, legality, and interest to our GSU readership. All submissions must be credited, and include the submitters full name, graduate status, and field of study.

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Nicole Warmington-Graston

The Professor Profile for this Issue is Dr. Nicole Warmington-Graston from the College of Arts and Sciences division Humanities and Social Sciences

Interviewed by
Brenda Torres
Editor-in-Chief

Phoenix: What classes do you teach at the university?

Warmington-Graston: In Fall 2015, I taught GBLS 2100: Cross-Cultural Relationships at the undergraduate level and POJS 6100: The Theoretical Foundations of Political and Justice Studies at the graduate level. I am currently teaching POLS 2100: The Foundations of American Democracy and POLS 3250 and SOSC 3250: International Political Economy – all at the undergraduate level.

Phoenix: How long have you been in the field of education?

Warmington-Graston: I have been in the field for the 11 years now. I started as a teaching assistant at the University of the West Indies, Mona (Jamaica) (UWI) where I eventually became an Assistant Lecturer before coming to the US to pursue my PhD in Political Science. While still in Jamaica, I also worked as an Adjunct Lecturer at the Management Institute for National Development (MIND) and the University College of the Caribbean (UCC). Since being in the US, I have worked as a Teaching Assistant, then Instructor



Dr. Nicole Warmington-Graston. Photo by Brenda Torres.

of Record, and finally an Adjunct Professor at Florida International University (FIU). I am currently an Assistant Professor of Political Science and Global Studies here at Governors State University (GSU).

Phoenix: Was education your first choice?

Warmington-Graston: Honestly, no. I had dreams of become a politician rather than a political scientist and professor. It was always my dream to become Jamaica’s first female prime minister! That can longer be since a member of my extended family is currently Jamaica’s first female prime minister. That dream changed once I pursued studies in political science and economics at UWI. I realized I got a great deal of satisfaction reading and analyzing various political theories, cultures, and institutions and their impact on society and economics at

the domestic and international levels. By extension, I enjoyed sharing my analyses with others. I did not realize that education was my future until, by chance, I was asked to be Teaching Assistant by one of my mentors at UWI. Scheduling sessions, conducting tutorials, and lecturing during my mentor’s absences actually flipped a switch in my head that this is what I was meant to do. I realized how much I looked forward to these sessions. I made up my mind that I was going to teach at the tertiary level and I have not looked back since. That is not to say that I have completely closed the door on representational politics, however, it is now a distant second to my first love – teaching.

Phoenix: What made you become interested in Political Science?

Warmington-Graston: Lets just say I was born into it! I

was born into a political and civic-minded family. On my father’s side are 2 generations of politicians. My grandfather was very active in local government politics and my father is currently a member of parliament in Jamaica’s House of Representatives. I grew up seeing my father campaign to become the representative for his constituency. I have watched him debate various issues in Parliament. I even had the opportunity to observe him with his constituents – the ease of communication and the care he had for their wants and needs. Most importantly, I have witnessed his passion for the Jamaican people both in action and speech. My mother was ever supportive of my father’s political vision, but she was very influential in teaching me that it was imperative to vote and be active in and aware of your country’s politics because, she stated, only a well-informed citizen can make a difference and properly understand

what options could best lead a country and its citizens towards prosperity. With parents like these there was no way I would not be interested in politics. In addition, growing up watching the budget and parliamentary debates, reading political party manifestos, and following the state of my country’s economy led to my fascination about what impact I could have on national politics. Thus, I saw political science as that avenue to help me achieve this dream through learning how other countries deal with similar issues and exploring the mechanisms best suited to lead to greater democracy and good governance.

Phoenix: What is your favorite part about teaching?

Warmington-Graston: I would have to say, imparting knowledge. I love sharing new information with my students. It warms my heart when I see them understand new concepts and apply it their reality. When you see students make that link between theory and reality, it is then you know that they have grasped what you are trying to teach. I know foreign ideas and concepts can be scary at first and in order to ease these fears I always share something with my students that a mentor once shared with me, which greatly impacted my life as student. “I (the professor) am not smarter than you. I only got to the information before you did.” I usually see a change for the better in my students’ attitudes and focus after imparting these words.

Club Spotlight

The Soccer Club: A club that likes to “Kick It”

By Darius Robinson
Intern Reporter

Governors State University has many different sports programs. Unfortunately, every sport isn’t recognized by the school. One sport in particular is soccer. GSU doesn’t have a soccer team but on campus there is a great alternative, the soccer club.

The GSU soccer club, also known as “Governors United,” was founded in 2015. It has a member count of 18 people currently. Although the club is not an official GSU sports



Governors United with a few past and present members of the team with a visit from Jax. Photo courtesy of Arturo Chairez.

team, they still play games of soccer in recreational leagues and amongst each other.

Anyone can join the club no matter what their skill level is as long

as they have a love for the game. In addition to joining the club, members have to pay a one-time ten dollar fee, as of now, and that covers the league play and all activities involving

the club.

When the president of the Soccer Club, Arturo Chairez, was asked, what do you see as far as potential goes for the club, he answered, “I see

the potential in the school realizing that we should get a soccer team in the National Association of Intercollegiate Athletics (NAIA).”

If you are interested in joining the GSU soccer club you can email the president, Arturo Chairez at achairez@student.govst.edu or contact Dean Jennings in the Athletic department.

If you are interested in being interviewed for the “Club Spotlight” email us at phoenix@govst.edu

The future of campus housing

By Brenda Torres
Editor-in-Chief

On Dec. 11, 2015 at the Board of Trustees meeting the approval of Resolution 16-14: Authorization to contract with CanonDesign Inc. for Phase II of Campus Housing, was approved.

According to Director of Auxiliary Services and University Housing, Betsy Joseph there are a number of things that need to be handled before they get to the point of construction.

With the contract approval of CanonDesign Inc. they are helping the to if “It is feasible for us to build Prairie Place II, is there a demand and if so what is the impact of what that demand might be, what could be built and trying to figure out as how then we would pay for that,” stated Director Joseph.



The sign near Prairie Place shows the future of GSU housing. Photo by Holly Britton

Recently, there were surveys that sent via email to students you are registered for the 2016 Spring semester, to see what their needs are relating to housing. Director further expressed that,

To further determine the needs of housing Director Joseph expressed they had four focus groups, each of them which contained twenty students. Two groups were contained freshmen and sophomores; one group

of students whom live at Prairie Place and the other whom are freshmen and sophomores who are commuters. The other two groups were up upper classman or graduate whom live at Prairie Place and are commuters.

The purpose of the focus groups was to hear what the students likes and dislikes and their needs for housing.

According to Director Joseph the plan is for CanonDesign to collect the information and put together a report to see if it is possible to built Phase II, basing themselves on the amount of money that is available.

Based the feedback from CanonDesign on Mar. 4 on the next board of trustees meeting the according to Director Joseph “the trustees will then either approve us to begin more of the design of would really would be in Prairie Place II and through that process is when we would figure out a construction schedule for that to happen.”

Therefore the the Phasse II is still in the approval stages.

The Comic Book and Graphic Novel Superhero Cinema Society

By Brenda Torres
Editor-in-Chief

Recently a new organization has sprouted from the GSU library, the Comic book and graphic novels and superhero cinema society. The Library Specialist and who at one time was the advisor of *The Phoenix*, John DeYoung is the founder of the organization.

De Young was awarded the grant of “Friends of the Library” in order to start the organization. He started the Comic book and graphic novels and superhero cinema society because he wanted to do something fun.

The idea for the society, sprouted because De Young is a comic book fan and also “It seems like the comic book genre is getting such a big push now with the movies” said De Young.

De Young has always been interested in the comic book industry. “I’ll never forget the first comic I picked up a

comic, it was a Marvel Team-up comic, and I just loved the idea,” said De Young.

The society is going to be talking about a lot of topics in comics, discussions about the movies, members sharing opinions on comics or a series they are watching.

De Young stated that the society would be important to the campus because comics do not just deal with super heroes but also, “The comic industry deals with

social issues as well.”

One of his goals is for people to have fun and to something out of it as far learning. Another goal is for people to be in inspired. De Young hopes the society will be a stress reliever, an escape from reality.

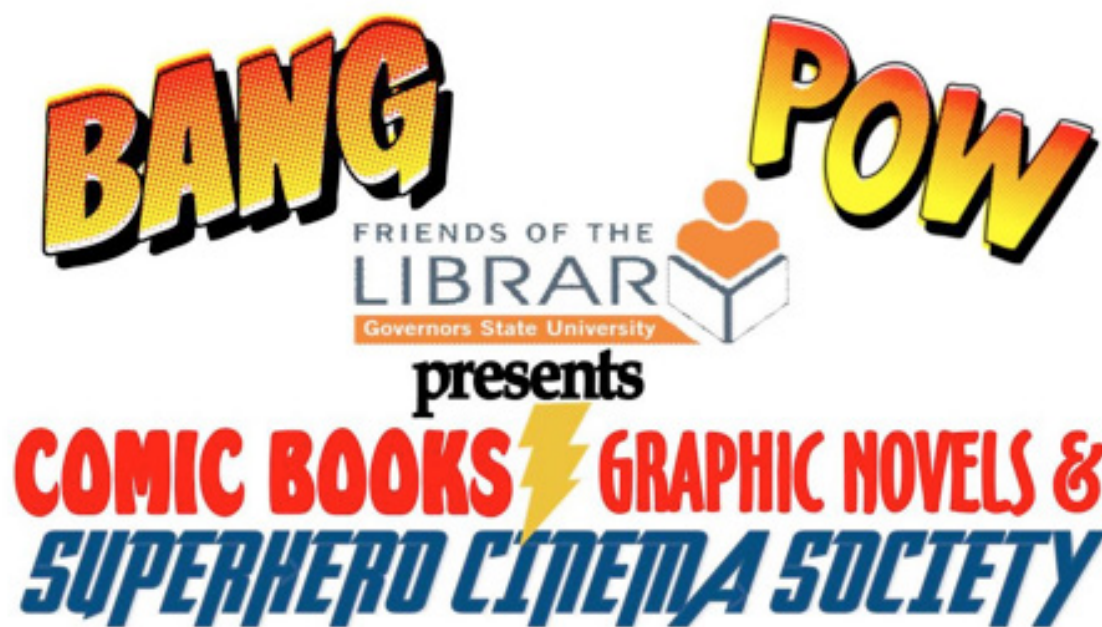
Moreover, the library wants to have is a graphic novel collection. De Young hopes that the society will have some input on that collection, “We would be the ones what graphic novels

would be added to the collection. What other people feel is pertinent, they would like to read or what others would to read as far graphic novels or comics” said De Young.

The Comic Book Society will not just be for students, “We’re also inviting staff and faculty too because we just want to get different perspectives” said De Young.

The Comic Books Graphic Novels

Introductory meetings on that day, 12- 1:00 pm and 2- 3:00. Photo Courtesy of John De Young



Black Women Rock: through one’s perspective

By Darius Robinson
Intern Reporter

Governors State University is preparing to celebrate its 4th annual Black Women Rock ceremony. The event highlights and acknowledges achievements by Black women throughout GSU, faculty, staff and students. The event takes place on Feb. 27 and it will be a red carpet extravaganza. This event may have different meaning for each Black woman that is involved.

Ricca Louissaint, Americorp Vista, feels that the Black Women Rock event is a magnificent honor for Black women. “A way to celebrate the long and diverse culture of African-American women,” said Louissaint. She feels that this event shines light on the Black woman in a positive light



Photo courtesy of GSU Black Women Rock Facebook page.

versus the stereotypical and negative images that are presented often through the media. “When people ask the question why Black Women Rock why not Asian Women Rock or Latino Women Rock, I feel the answer to that question is that in most areas of American culture the African-

American or Black woman is not valued, if she isn’t absent her presence is besmirched majority of the time,” said Louissaint. Although the event celebrates Black women anyone of any race or culture can nominate a Black woman and help with determination of the winners. “It allows

a diverse population of Governors State to recognize a specific population of Governors State,” stated Louissaint. This program will showcase extraordinary Black women being honored for their contributions to GSU. “It’s not a beauty contest, it’s not a pageant, it is

absolutely a celebration and recognition of Black women and all of their goodness and greatness,” said Louissaint. There two week remaining until the event. For more information on the Black Women Rock ceremony please visit Student Life. As well as visiting thier Facebook page at <https://www.facebook.com/GSU.BWR/>



Photo courtesy of Ryan O'Neill

By Ryan O'Neill
Contributing Writer

Sherman Hall was filled with GSU students, friends and family of award nominees to celebrate GSU’s inaugural Black Women Rock Award Ceremony February 28. To commemorate Black History Month, the ceremony recognized 55 GSU students excelling in five categories. The five categories included Passionate Advocate, Miz Entrepreneur, Literary

GSU hosts first Black Women Rock awards ceremony

Expressionist, Creative Soul, and Sistah Philanthropist. The ceremony also consisted of various speeches and performances. Guest speaker Connie L. Lindsey, Executive Vice-President of Northern Trust, spoke about her passion for advocacy. She also talked about how powerful women value what they can deliver to the community. The ceremony featured a music video honoring prominent black women such as Rosa Parks, Harriet Tubman and Michelle Obama. GSU President Elaine Maimon opened the ceremony speaking about the importance for students who are role models of themselves to see other role models. “We are very proud of all the success of our students. All of you are winners,” said Maimon. The five award recipients were Sharon Starks (Passionate Advocate Award), Cynthia Gail Frye (Miz Entrepreneur Award), Nneka J.

Howell (Literary Expressionist Award), Diana Muhammad (Creative Soul Award), and Shirley Faye Davis (Sistah Philanthropist Award). Throughout the ceremony were performances by Karen Caesar-Smith of the GSU Acapella Choir, and LAVA The Poet, accompanied by Edward H. White Career Academy Poetry Guild. The ceremony was brought to life by Vanessa Newby, along with the help from GSU’s Black History Month Committee comprised of Sheree Sanderson, Randi Schneider, Roshanda Ross, and Brittani Barnett. “It’s an honor to be recognized for helping people. Seeing the smile on the faces of those I’ve helped is the greatest reward,” said Shirley Faye Davis, Sistah Philanthropist Award winner.

A look back to Black Women Rock from Mar. 6, 2013. Courtesy of the GSU Library Archives

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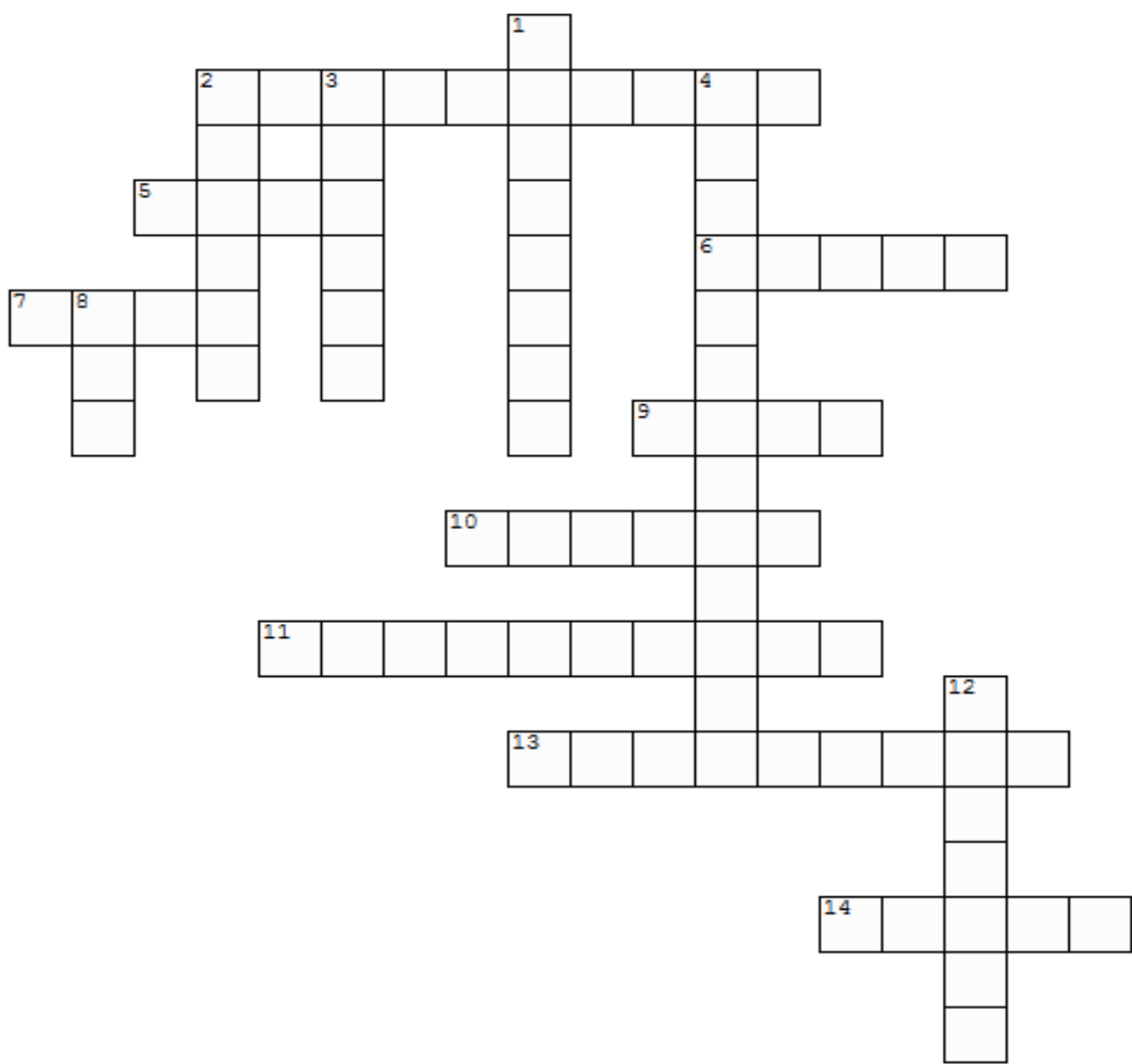
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Across

Down

2. This sneaker launched in 1985 and has been popular ever since

5. The company that was founded by Phillip Knight and Bill Bowerman

6. A commonly used shoe for exercising in

7. This shoes logo is a wild cat in real life

9. Former NBA superstar 'Grant Hill' had a shoe deal with the company

10. This shoe was made by a Hall of Famer New York Knicks basketball player

11. This American boot company was founded in 1952

13. This brand uses Nike infused technology in a vast amount of their footwear

14. Shoes that purposely have holes in them as part of their design
1. They are famously known for their Star logo

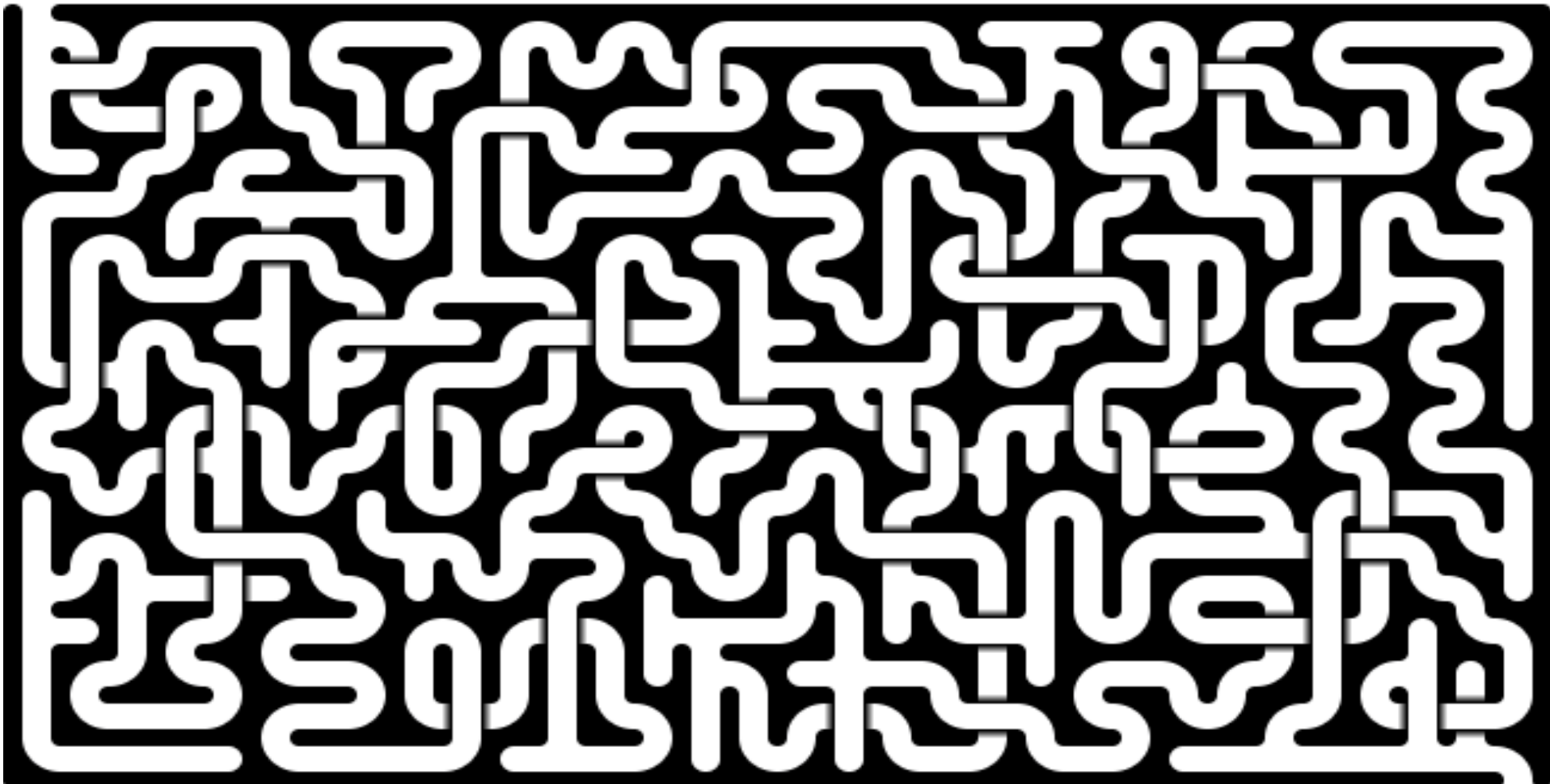
2. Three stripes are the logo

3. Shaquille O'Neal had his first shoe deal with this company

4. There is a monkey theme for this brand

8. A well-known Australian boot company

12. This shoe company has been running strong since 1898



BLACK WOMEN ROCK



Saturday, February 27, 2016
6:30pm

Free Admission

Governors State University Center for Performing Arts

Red Carpet Event and
Awards Ceremony
recognizing the
contributions of Black
Women

Featuring Music,
Dance Performances, and
Special Tributes